

United States Department of Agriculture



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MINNESOTA BULLETIN NO. 360-5-9

SUBJECT: PER SAFETY AND HEALTH

Purpose. To provide information on the "Great American Smokeout".

Expiration Date. December 31, 2005

November 18, 2004 is the Great American Smokeout" sponsored by the American Cancer Society. For more information visit their web pages on [Guide to Quitting](#) or try the [Stop-Smoking Quiz](#). Or call your American Cancer Society at 1-800-ACS-2345.

If you are ready to quit smoking, help is just a phone call away. Dial 1-877-270-STOP (7867), and you will take a giant step toward better health. 1-877-270-STOP (7867) will connect you with the Minnesota Tobacco Hotline, a product of the widely publicized tobacco settlement. If you are enrolled in a major health plan, you will be directed to their smoking cessation phone programs. Others will be handled by the hotline.

A combination of behavioral and pharmaceutical therapy – patches, sprays or non-nicotine medication such as Zyban – is being hailed as the most effective path to smoking cessation.

Helping smokers quit is the key to improving the health of the general population. Tobacco use is the number one preventable cause of death and disability in Minnesota. Studies attribute 17 percent of all annual Minnesota deaths to tobacco. Researchers say tobacco is responsible to 40 percent of heart disease cases and a significant percentage of all cancers.

NRCS sponsors a Smoke Cessation Program. If you are interested in signing up contact Laurie Otte, State Safety & Health Officer.

WILLIAM HUNT
State Conservationist

DIST: AE

The Natural Resources Conservation Service provides leadership in a partnership effort to help people conserve, maintain, and improve our natural resources and environment.

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